

Hearty Steak & Tater Stew¹⁰

Number of Servings: 10 (385.73 g per serving)

Amount	Measure	Ingredient
27.00	oz	Beef, bottom round outside steak, raw, 0" trim
4 1/2	cup	Potatoes, peeled, ckd, diced
1 1/8	cup	Celery, fresh, diced
1 1/8	cup	Carrots, fresh, chpd
8 1/2	Tbs	Onion, white, fresh, chpd
1 1/2	tsp	Garlic, minced, wet
7 1/2	cup	Water, tap, municipal
3.00	Tbs	Base, beef, rstd, low sod, 0344, FS
1/4	tsp	Spice, pepper, black
8 1/2	Tbs	Water, tap, municipal
8 1/2	Tbs	Flour, all purpose, white, bleached, enrich
3/4	tsp	Salt, table, iodized

Nutrients per serving

Nutrition Facts	
Serving Size (386g)	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 460mg	19%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 21g	
Vitamin A 50%	Vitamin C 10%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Serving size 1 c + 1/8 c more liquid (1 1/8 c)

1 serving = 1 1/2 CS

Remove excess fat from beef. Cut beef into 1X1X1/2 inch cubes. Brown beef in stock pot. Mix beef base with first measure of water and add to beef cubes. Cover and simmer on low until beef is tender (about 1-2 hours). Add vegetables and seasonings and continue cooking 30-45 minutes (until tender).

Mix water and flour; stir some of broth into flour water mixture & gradually stir into soup until blended. Bring to boil.

Continue to simmer and stir for 2 minutes until soup is thickened.

HACCP

Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

NOTE: 1 tsp garlic powder may be used in place of each 4 tsp wet minced garlic.

Low sodium beef base (approx 27 mg sodium/T) is called for in this recipe. Check your base sodium and delete salt if it is higher. 1 T beef bouillon granules = 2600 mg sodium per T so don't use!

Each tsp salt = approx 2400 mg sodium; amount of sodium allowed in this recipe for both salt and base is 192 mg/serving.

Hearty Steak & Tater Stew¹⁰

Number of Servings: 10 (385.73 g per serving)